Hummingbird Healing Arts presents

# Rediscover Your Center

## A Group to support healthcare professionals

As health care providers we often find ourselves burning the candle at both ends. We give in our professional lives, we give in our personal lives, but the question is...are we taking care of ourselves? This group will help you explore your resources as well as find discover new ways of rejuvenating yourself.

**Saturdays, November 8- December 20 from 12-1:30pm**
**$20 per session**

**Space is limited, please RSVP to Jessica @ 505-919-9171 or jessica@hummingbirdartstudio.com**

**Hummingbird Healing Arts- 1807 Second St, Suite 13, Santa Fe, NM 87505**

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